

SAMPLE DAY

The Mind Balance and Self Love Retreat

08.30 **Activating Yoga by the beach** — An energising practice by the sea to begin the day.

09.30 **Breakfast** — AYURAH Light Detox cuisine, or gentle individualised fasting options.

11.00 **Sound Healing Experience** — A restorative session supporting mental rest and relaxation.

12.30 **Lunch** — AYURAH Light Detox cuisine, or gentle individualised fasting options.

15.00 **Tai Chi** — Slow, flowing movement in the afternoon.

17.00 **Skin Detox Massage** — Your private therapeutic treatment for the day.

19.00 **Dinner** — AYURAH Light Detox cuisine, with a focus on gut health.

21.00 **Sleep Turndown Ritual** — A quiet close to the day and preparation for restful sleep.

This is an example day; your days are adapted to you.